

Did you know that San Diego has one of the most diverse public trails systems in the nation? Whether you are interested in a coastal stroll or an extreme uphill hike, our parks and preserves offer an experience for everyone, from the coast to the desert.

People interested in an easy hike may want to stroll along the coastal waters at San Elijo Lagoon. More adventurous trekkers will be challenged by the hills of El Capitan or Hellhole Canyon. For those interested in outdoor adventures, many of our camping parks also include trail experiences. For example, at Lake Morena you can enjoy the Pacific Crest Trail, which boasts beautiful lake views, and William Heise offers scenic overlooks of the oak, pine, and cedar filled backcountry. Most trails are multi-use and have been designed to accommodate hikers, bikers, and equestrians.

While you are on the trail, there are many things to see and enjoy to add to your outdoor experience. Do you like wildflowers? At the right time of year, wildflowers carpet the hillside at Volcan Mountain or Goodan Ranch Sycamore Canyon Preserve. How about birds? Birdwatchers from across the country gather at Tijuana River Valley to experience spectacular spring and fall migrations. In many of our parks, you can also learn about nature and the environment while you are on the trail. Keep an eye out for fire ecology interpretative signage and environmental education displays and kiosks. In addition, many of our trails offer unique opportunities to learn about historical and cultural resources in the area. For example, at Los Peñasquitos Canyon Preserve, you can visit the historic Adobe Ranch House and learn about what ranch life was like in the 1800s.



BLAZING NEW TRAILS

The County Trails Program has added miles of trail opportunities for residents. More than 650 miles of trails were designated as multi-use regional trails, and more than 1,300 miles of proposed trails are included in the Community Trails Master Plan. Currently, nine major proposed regional trails that traverse the County from the south to the north and from the coast to the desert are being planned and developed. See the map below for details.

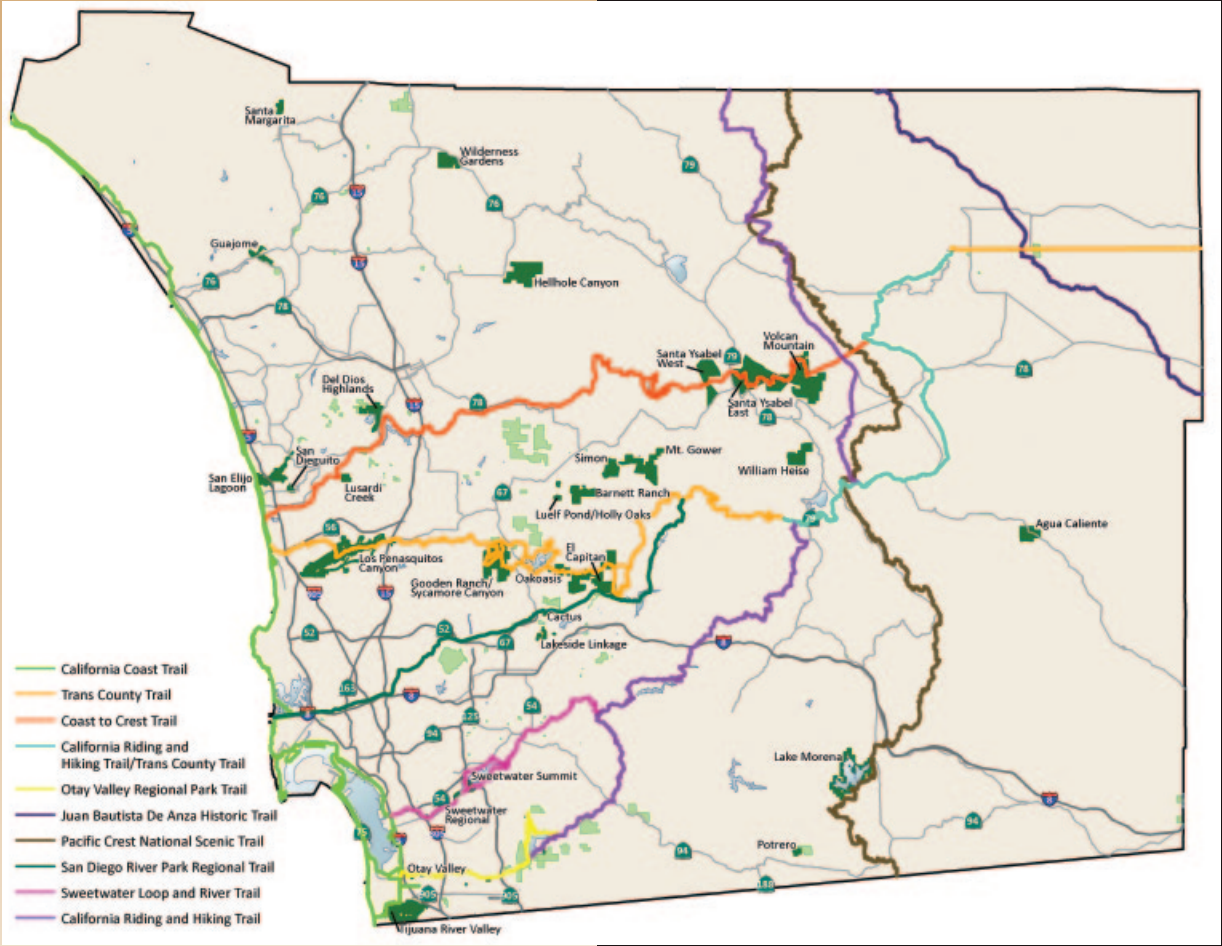


A LIFETIME OF ENJOYMENT

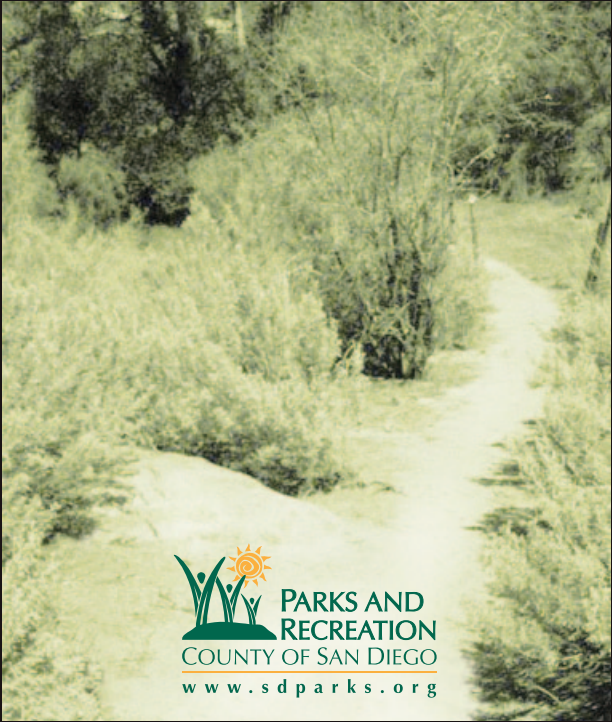
Let San Diego County Parks and Recreation take you on a journey through our vast trail system where you will experience the wonders of nature at one of our parks or preserves. There is an abundance of open spaces to enjoy the spectacular views, catch a glimpse of wildlife, and find the serenity of a climb up a steep hillside trail. Come experience our natural treasures for a lifetime of healthy enjoyment.



**EXPERIENCE
SAN DIEGO
COUNTY
TRAILS**



For more information call (858) 694-3030
or visit us at www.sdparks.org



Please see table at bottom for trails available in these parks

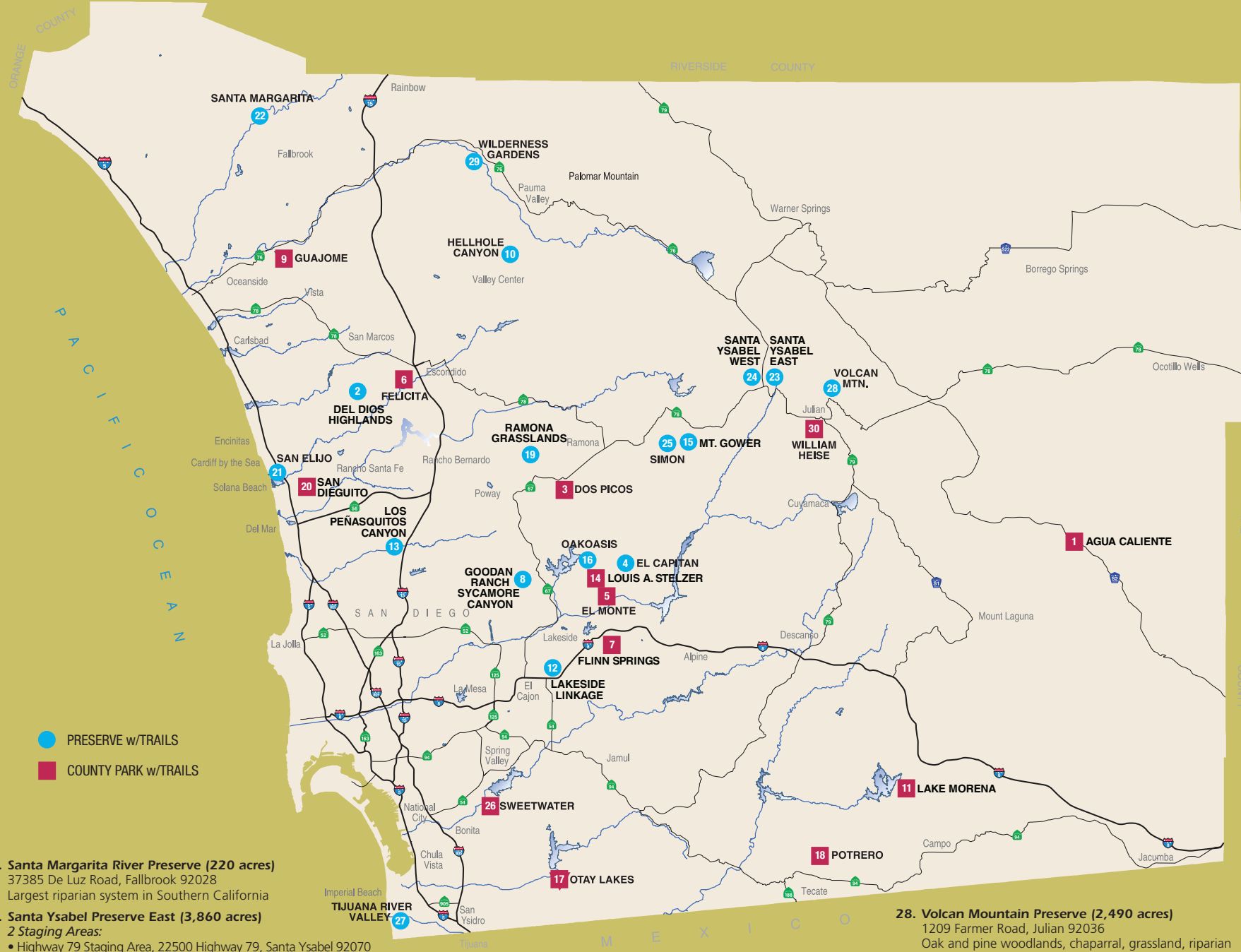
- 1. Agua Caliente County Park (910 acres)**
39555 County Route 5-2 92036
- 2. Del Dios Highlands Preserve (774 acres)**
9860 Del Dios Highway, Escondido 92025
- 3. Dos Picos County Park (80 acres)**
17953 Dos Picos Park Road, Ramona 92065
- 4. El Capitan Preserve (2,840 acres)**
Wildcat Canyon Road, Lakeside 92040
Mixed chaparral, oak woodland, coastal sage scrub
- 5. El Monte Park (15 acres)**
15805 El Monte Road, Lakeside 92040
Oak woodland, coastal sage scrub
- 6. Felicita County Park (52 acres)**
742 Clarence Lane, Escondido 92029
Oak woodland, freshwater stream
- 7. Flinn Springs County Park (40 acres)**
14787 Old Highway 80, El Cajon 92021
Oak woodland, rock formations, stream
- 8. Goodan Ranch Sycamore Canyon Preserve (2,400 acres)**
13970 Highway 67, Lakeside 92040/
16281 Sycamore Canyon Road, Poway 92064
Riparian habitat, coastal sage scrub, mixed chaparral
- 9. Guajome County Park (385 acres)**
3000 Guajome Lake Road, Oceanside 92056
- 10. Hellhole Canyon Preserve (2,000 acres)**
19324 Santee Lane, Valley Center 92082
Mixed chaparral, oak woodland, riparian
Primitive camping
- 11. Lake Morena County Park (3,250 acres)**
2550 Lake Morena Drive 91906
- 12. Lakeside Linkage Preserve (100 acres)**
Hahana Road and Los Coches Road, Lakeside 92040
Diegan sage scrub
- 13. Los Peñasquitos Canyon Preserve (280 acres)**
12020 Black Mountain Road, San Diego 92129
Grassland, oak woodland, riparian, marsh
Historic adobe, archaeological sites, tours
- 14. Louis A. Stelzer County Park (420 acres)**
11470 Wildcat Canyon Road, Lakeside 92040
Youth camping only
- 15. Mount Gower Preserve (1,590 acres)**
17090 Gunn Stage Road, Ramona 92065
Chaparral, oak woodland
- 16. Oakoasis Preserve (400 acres)**
12620 Wildcat Canyon Road, Lakeside 92040
Mixed chaparral, oak woodland
Group camping only
- 17. Otay Lakes County Park (78 acres)**
2270A Wueste Road, Chula Vista 91915
- 18. Potrero County Park (120 acres)**
24800 Potrero Park Drive, Potrero 91963
- 19. Ramona Grasslands Preserve (480 acres)**
17430 Highland Valley Road, Ramona 92065
- 20. San Dieguito County Park (130 acres)**
1628 Lomas Santa Fe Drive, Del Mar 92014
Chaparral, Del Mar manzanita, oak
- 21. San Elijo Lagoon Reserve (1,000 acres)**
2710 Manchester Avenue, Cardiff 92007
Salt and freshwater marshes, riparian, marsh

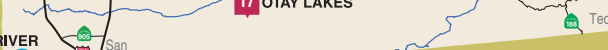
Parks	Days	Hours	Restrooms	Water	Trails	Miles of Trails	Trails Difficulty	Camping	Pets
Agua Caliente County Park	7	Daylight	Yes	Yes	H,W	3.95	E-M	Yes	No
Del Dios Highlands Preserve	7	Daylight	Yes	Yes	H,B,E,W	1.5	M-D	No	Yes*
Dos Picos County Park	7	Daylight	Yes	No	H,W	0.5	M	Yes	Yes*
El Capitan Preserve	7	8 a.m.-5 p.m.	Yes	No	H,B,E,W	7.5	D	No	Yes*
El Monte Park	7	Daylight	Yes	Yes	H,B,E,W	2.1	M	No	Yes*
Felicita County Park	7	9:30 a.m.-sunset	Yes	Yes	H,W	1	E	No	Yes*
Flinn Springs County Park	7	9:30 a.m.-sunset	Yes	Yes	H,W	1	E-D	No	Yes*
Goodan Ranch Sycamore Canyon Preserve	7	8 a.m.-5 p.m.	Yes	No	H,B,E,W	10	E-D	No	Yes*
Guajome County Park	7	Daylight	Yes	Yes	H,E,W	3.5	E	Yes	Yes*
Hellhole Canyon Preserve	7	Daylight	Yes	Yes	H,E,W	8	M-D	Yes	Yes*
Lake Morena County Park	7	9:30 a.m.-5 p.m.	Yes	Yes	H,W	8	E-M	Yes	Yes*
Lakeside Linkage Preserve	7	Daylight	No	No	H,E,W	2	M	No	Yes*
Louis A. Stelzer County Park	7	Daylight	Yes	Yes	H,W	3	E-M	No	Yes*
Los Peñasquitos Canyon Preserve	7	8 a.m.-5 p.m.	Yes	Yes	H,B,E,W	2.5	M	No	Yes*
Mount Gower Preserve	7	Daylight	Yes	Yes	H,E,W	8	M-D	No	Yes*
Oakoasis Preserve	7	8 a.m.-5 p.m.	No	No	H,E,W	4	E-M	Yes	Yes*
Otay Lakes County Park	7	9:30 a.m.-sunset	Yes	Yes	H,B,E,W	1.5	M-D	No	Yes*
Potrero County Park	7	Daylight	Yes	Yes	H,W	1	E-M	Yes	Yes*
Ramona Grasslands Preserve	7	Daylight	Yes	No	H,B,E,W	4	E-M	No	Yes*
San Dieguito County Park	7	9:30 a.m.-sunset	Yes	Yes	H,B,E,W	3	M	No	Yes*
San Elijo Lagoon Reserve	7	Daylight	No	No	H,E,W	6	E	No	Yes*
Santa Margarita River Preserve	7	7 a.m.-5 p.m.	No	No	H,E,W	1.5	E-M	No	Yes*
Santa Ysabel Preserve East	7	8 a.m.-5 p.m.	Yes	No	H,B,E,W	11.5	M-D	No	Yes*
Santa Ysabel Preserve West	7	8 a.m.-5 p.m.	Yes	No	H,B,E,W	6	M-D	No	Yes*
Simon Preserve	7	Daylight	No	No	H,E,W	5	M-D	No	Yes*
Sweetwater Summit County Park	7	Daylight	Yes	Yes	H,B,E,W	6	E-M	Yes	Yes*
Tijuana River Valley County Park	7	Daylight	Yes	Yes	H,E,W	5	E	No	Yes*
Volcan Mountain Preserve	7	Daylight	No	No	H,B,E,W	3	M-D	No	Yes*
Wilderness Gardens Preserve	Thurs.-Mon.	8 a.m.-4 p.m.	Yes	Yes	H,B,E,W	5	M-D	No	Yes*
William Heise County Park	7	Daylight	Yes	Yes	H,E,W	10.75	E-D	Yes	Yes*

Trails: H = Hiking, B = Biking, E = Equestrian, W = Nature watching **Trail Difficulty:** E = Easy, M = Moderate, D = Difficult **Pets must be on leash*

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22. Santa Margarita River Preserve (220 acres)
37385 De Luz Road, Fallbrook 92028
Largest riparian system in Southern California

23. Santa Ysabel Preserve East (3,860 acres)
2 Staging Areas:
• Highway 79 Staging Area, 22500 Highway 79, Santa Ysabel 92070
• Farmer Staging Area, 500 Farmer Road, Julian 92036
Grasslands, riparian, chaparral

24. Santa Ysabel Preserve West (1,583 acres)
Highway 78 Staging Area, 23012 Highway 78, Santa Ysabel 92070
Grasslands, riparian, chaparral

25. Simon Preserve (650 acres)
23500 Bassett Way, Ramona 92065
Diegan sage scrub, riparian corridor, mixed chaparral

26. Sweetwater Summit County Park (540 acres)
3218 Summit Meadow Road, Bonita 91977

27. Tijuana River Valley County Park (1,800 acres)
2721 Monument Road, San Diego 92154
Coastal sage scrub, riparian
Birding

28. Volcan Mountain Preserve (2,490 acres)
1209 Farmer Road, Julian 92036
Oak and pine woodlands, chaparral, grassland, riparian
Docent-led nature walks

29. Wilderness Gardens Preserve (740 acres)
14209 State Highway 76 92059
Oak woodland, riparian
Picnicking

30. William Heise County Park (900 acres)
4945 Heise Park Road, Julian 92036

Acreages approximate

Diegan sage scrub, riparian corridor, mixed chaparral	Birding	<i>Acreages approximate</i>
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